



Gymnastics Rules

DIVISIONS

Level 1

Level 2

Level 3

Level 4

Level 5

Level 6

Level 7

Level 8

Level 9

Level 10

XCEL Bronze

XCEL Silver

XCEL Gold

XCEL Platinum

XCEL Diamond

All gymnasts must be assisted by a coach during the competition.

Coaches assisting gymnasts during USAG sanctioned events must hold and have available

USAG professional membership to present at competition check-in. All gymnasts will be entered

in the all-around competition. The meet will be governed by USAG rules and will be judged

accordingly. Level 1- 10 & Xcel Bronze, Xcel Silver, Xcel Gold, Xcel Platinum, & Xcel Diamond

Current USA gymnastics membership is required to compete.